

# **Volunteering with PCOA and In the Community**

**Volunteers and community service are the backbone of PCOA and essential to its mission. Whatever you would like to do, we have a way for you to help others. The key to volunteering at PCOA is the RSVP Program.**

## **Retired and Senior Volunteer Program:**

RSVP was established in 1973 and is administered by PCOA for adults 55 and over who wish to put their unique talents and expertise to work in their own communities. The RSVP of Pima County Service Area reaches throughout Tucson, Green Valley, Sahuarita, Marana, Catalina and Ajo. Many volunteer opportunities exist; for more information call 520 546-2002 or e-mail [rsvp@pcoa.org](mailto:rsvp@pcoa.org)

## **Other PCOA Volunteer Opportunities**

In addition to RSVP the following programs rely upon adult volunteers (without regard to age.)

## **Area Agency on Aging Advisory Council:**

Interested in PCOA services? The Council assists PCOA staff in developing Older Americans Act program priorities, funding recommendations, and the Area Plan - our "blueprint" for action. The Council meets the third Wednesday mornings of each month at PCOA; site visits alternate with business meetings, there are no meetings in July, August or December. Council meetings are open to the public and retirees interested in aging issues are encouraged to apply for membership. Contact Debbie Adams at 520 790-0504.

## **Ambassador Program:**

Interested in community resources? Trained volunteers serve as PCOA emissaries to provide factual information, educational materials, and referrals to local resources at a wide range of community-based settings including faith communities and neighborhood associations throughout Tucson area and Pima County. Monthly in-service training and resource materials are provided. Contact Cecelia Salaz at 520-790-0504.

## **Council on Aging Foundation:**

The mission of the Council on Aging Foundation is to develop a permanent and broad based funding base that will insure the continuity of Pima Council on Aging and assist it in becoming less dependent upon the unpredictability of

governmental funding. The Foundation is always looking for individuals to serve on the Board of Directors. Contact Bob Kirkpatrick at 520-790-0504

### **Council of Senior Citizens Organization (COSCO):**

Interested in political action? COSCO is a coalition of concerned citizens representing local clubs and organizations who participate in monthly forums to listen, learn, and have dialogue with local experts, elected officials and community leaders about pending legislation and effective ways to advocate for the rights of older adults. Contact Stew Gabel at 520-790-0504.

### **Living Well Programs**

Become a volunteer lay leader for "Living Well Programs", including *Healthy Living: Managing Ongoing Health Condition* and *A Matter of Balance*. Learn to teach & facilitate workshops to help individuals 60+ maintain and even improve their health by gaining self-confidence in the ability to control symptoms & manage their progression of ongoing age-related conditions. No experience necessary; training is provided. Contact Shelley Whitlatch or Karen Ring at 790-0504.

### **Long Term Care Ombudsman Program:**

Do residents of nursing homes touch your heart? Volunteers are trained and assigned to elder care facilities to advocate for residents of those facilities. Part of the national Long-term Care Ombudsman's Program and Certified by the State of Arizona LTC Ombudsman Program. e-mail [ltco@pcoa.org](mailto:ltco@pcoa.org) or call 790-0504.

### **Medicare/Insurance Counseling:**

Interested in this complicated subject? Medicare/Insurance Counseling volunteers must complete 40 hours of training. They are trained to assist clients at PCOA and selected community centers and social service locations in Pima County. Affiliated with the State of Arizona Health Insurance Counseling Program (SHIP). If you are interested call Lydia Baker at 520-790-0504 to make an appointment for an interview.

### **Neighbors Care Alliance (NCA):**

Interested in your immediate neighborhood? NEIGHBORS CARE ALLIANCE (NCA) assists neighborhoods and faith-based communities in helping seniors remain independent and in their homes as long as possible through the support of neighbors helping neighbors. NCA Outreach Coordinators can help you join an active program or take a leadership role and start a new group. For additional information please contact an Outreach Coordinator at 520-790-0504.

## **PCOA Board of Directors:**

The governing body for PCOA, the Board sets PCOA'S mission and goals, selects the Chief Executive Officer and develops policies for the direction and operation of the organization. Members also serve on various Board Committees like Development/Fundraising, Advocacy & Civic Engagement. Contact the Chair of the Nominating Committee through the President & CEO at 520-790-0504.

## **PCOA Speakers Bureau:**

Are you an expert on an aging subject or issue? Local experts on aging issues are invited to register with our Public Relations Department to make presentations, by prior arrangement, for local audiences of 20 and more. Call 520-790-0504 to ask for more information.

## **Personal Budgeting Assistance Program:**

Is finance your area of interest? Trained volunteers assist low income individuals to balance their bank accounts, prepare a budget, organize bills and make sure the bills are paid each month. Volunteers visit clients in the client's home once or twice a month for one to two hours to accomplish this. The AARP Foundation provides volunteer liability insurance. Contact Bernie Bennett or Stew Grabel at 520-790-0504.

## **Administrative & Professional:**

Assistance with: Development/Fundraising, Communications/Marketing, Planning/Analysis, leading program development or programs or establishing blogging, pod casting, wikis, social networks and twitter capabilities. Contact Cecelia Salaz at 520-546-2002.